

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2014

Brunswick Senior Center

Monday November 3 <u>10:00 Grands</u> <u>doing great things</u> <u>together Craft</u> <u>Project at FSC</u> <small>Daylight Saving Time Ends</small>	2	3	4	5	6	7	1
		CENTER CLOSED	CENTER CLOSED County Holiday	11:45 Nutrition 12:45 "Baggy" BINGO	9:00 Strength Training 10:30 Video Ex. 11:00 Insurance 101 4:00 Adapt to the Future at FSC	10:00 – 3:00 Wal-Mart Shopping 1:00 – 2:00 <i>Groceries for Seniors distribution at FSC</i>	Thursday November 6 11:00 Maryland Insurance Administration program "Insurance 101 for Seniors"
Dinner/Dance held every third Thursday of each month. Call us for more details.	9	10	11	12	13	14	
		CENTER CLOSED	CENTER CLOSED County Holiday <small>Veterans Day (US) Remembrance Day (Canada)</small>	11:00 "Ask Nurse Steve" Special Meal: Baked Potato Bar 12:45 "Canned" BINGO	9:00 Strength Training 9:00 Med D Appts 10:30 Video Ex. 11:00 Wii Bowl 1:00 Rummikub	1:00 Dollar Store shopping <i>DoA Trip~Woodlawn</i>	
16	17	18	19	20	21	22	
	CENTER CLOSED	9:00 Strength Training 10:30 Video Ex. 11:00 Wii Bowl	11:00 Lunch Out with Friends 1:00 BINGO at the Brunswick House	9:00 Strength Training 10:30 Video Ex. 11:00 Wii Bowl 1:00 UNO	10:00 – 3:00 Wal-Mart Shopping <i>DoA Trip~ Spy Museum</i>		
<u>Special Meal:</u> Tuesday November 25 Turkey, mashed potatoes, gravy, stuffing, green beans, cranberry sauce, pumpkin pie	24	25	26	27	28	29	
	CENTER CLOSED	9:00 Strength Training 10:30 Video Ex. 11:00 Wii Bowl <u>12:00-</u> <u>Thanksgiving Meal</u>	11:45 Trivia 12:45: "Boxed" BINGO	CENTER CLOSED County Holiday <small>Thanksgiving Day (US)</small>	CENTER CLOSED County Holiday	Brunswick Senior Center "Where everyone is someone"	

Wednesday November 12 11:00 am

"Ask Nurse Steve" ~ How can I reduce my risk or manage Diabetes?

FREE Blood Pressure Screening and Q & A



12 East "A" Street Brunswick, MD 21716 301-834-8115